


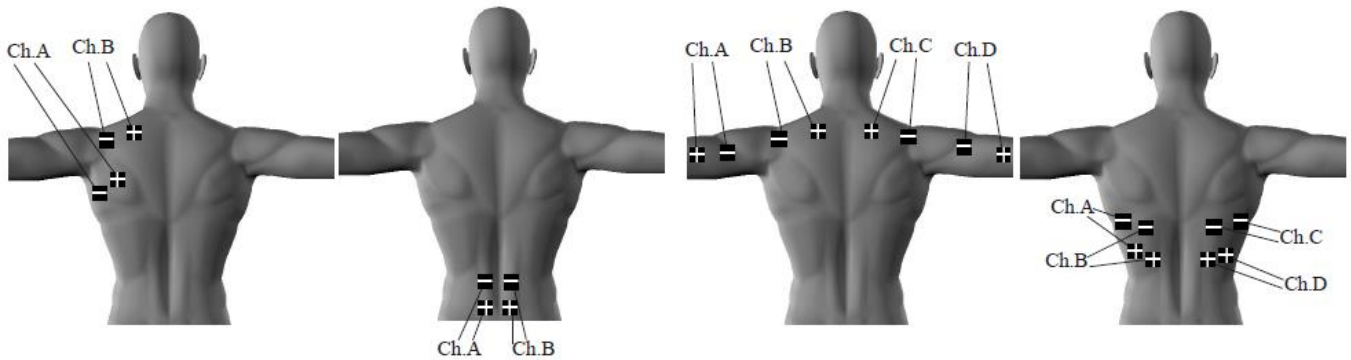
TENS Electrode Placement Guide By StressNoMore

Positive  Red must be placed on the motor point of the muscle. Find the best position by slightly moving the positive electrode around.

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Back, Shoulders & Neck



Trapezius

Suggested Settings

Electrode Size:
Shoulders 50 x 50 mm
Back 50 x 50 mm
or 50 x 100 mm
Pulse Width: 220 - 250 μ S

Lower back

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

Shoulders

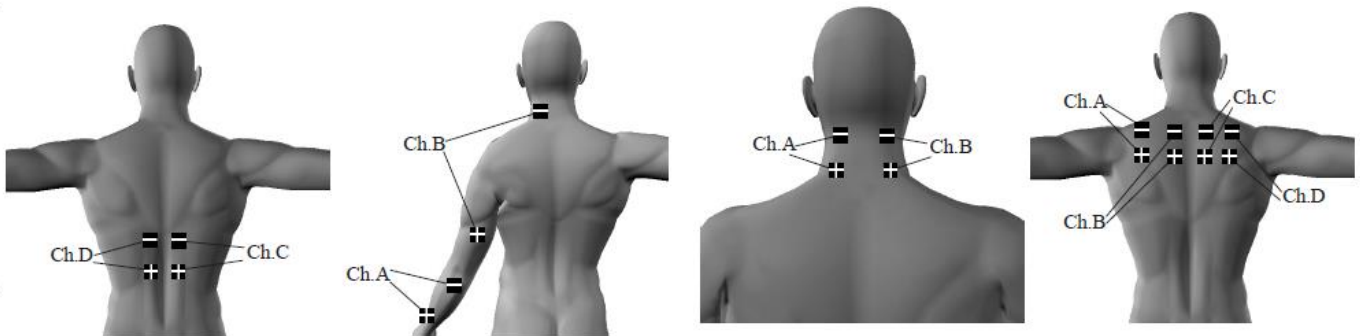
Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

Latimus Dorsi

Suggested Settings

Electrode Size: 50 x 50 mm
or 50 x 100 mm
Pulse Width: 250 - 275 μ S



Erector spinales

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

Elbows

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

Neck

Suggested Settings

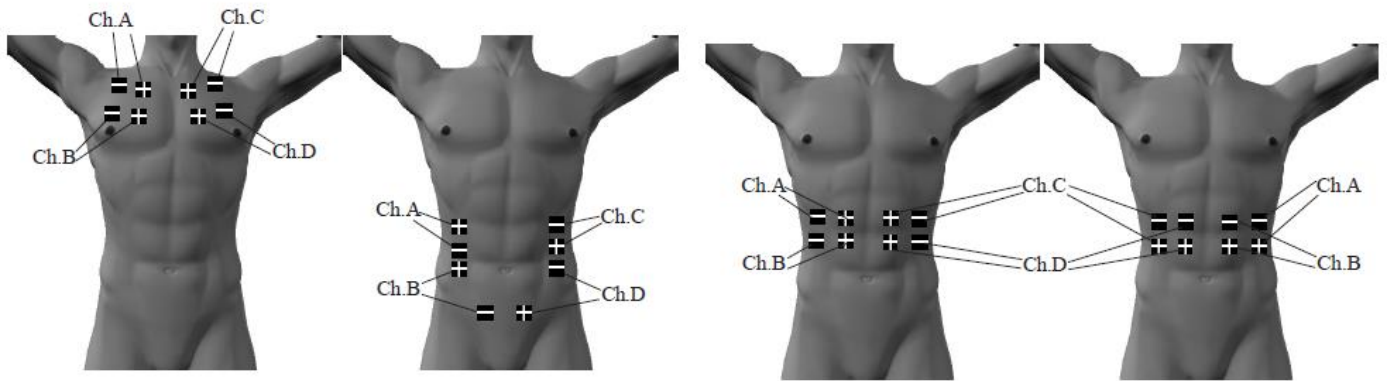
Electrode Size: 50 x 50 mm
(Max size) or 30 mm dia
Pulse Width: 220 - 250 μ S

Upper back

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

Chest and Stomach



Breast

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

Intestinal tension

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

Abdominals 1

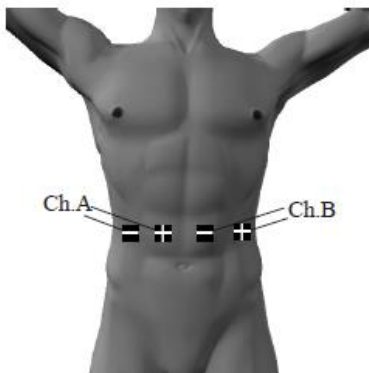
Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 250 μ S

Abdominals 2

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 250 μ S

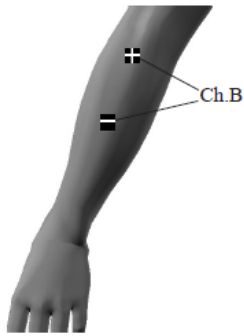


Waist line shaping

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

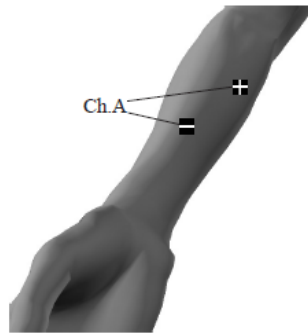
Arms and Hands



Extensor of the wrist

Suggested Settings

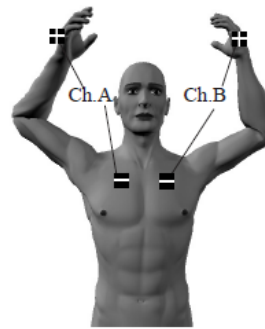
Electrode Size: 50 x 50 mm
Pulse Width: 220 μ S



Flexor of the wrist

Suggested Settings

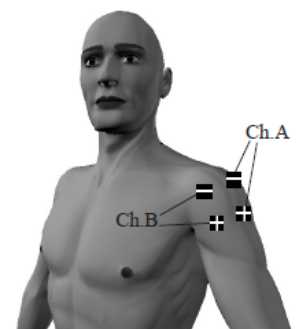
Electrode Size: 50 x 50 mm
Pulse Width: 220 μ S



Relaxation

Suggested Settings

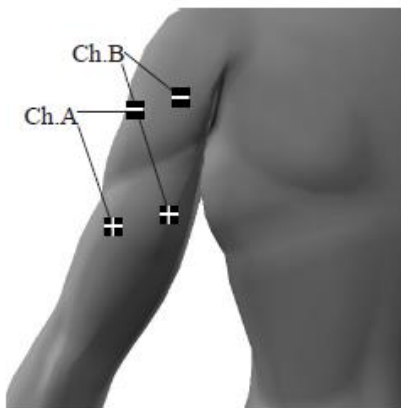
Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S



Deltoids

Suggested Settings

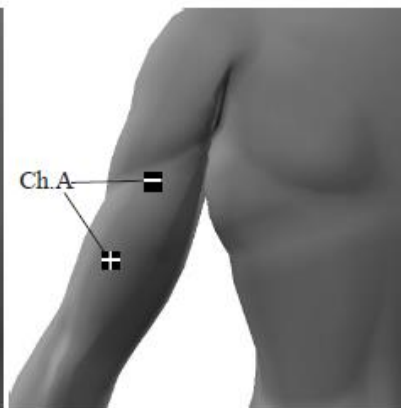
Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S



Triceps

Suggested Settings

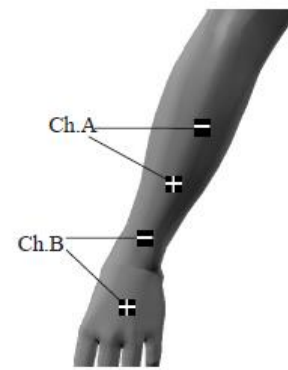
Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S



Biceps

Suggested Settings

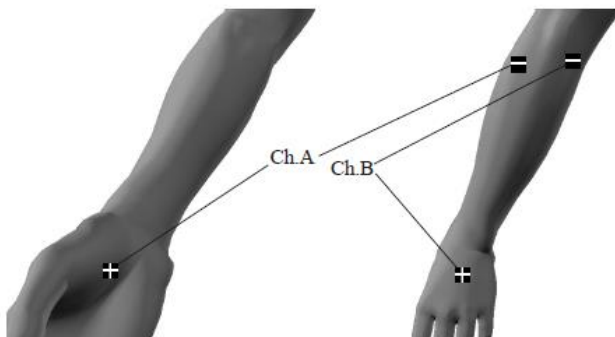
Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S



Wrist

Suggested Settings

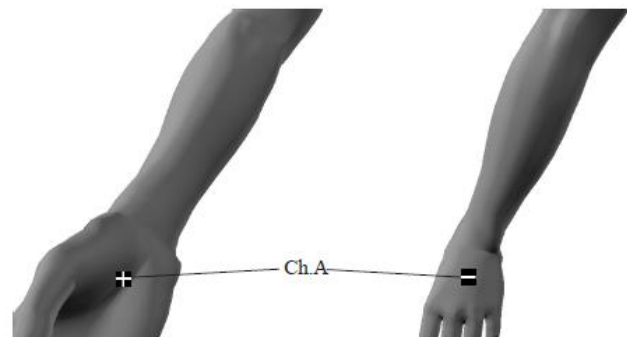
Electrode Size: 50 x 50 mm
or
30 mm dia
Pulse Width: 220 μ S



Hand stimulation

Suggested Settings

Electrode Size: 50 x 50 mm
or
30 mm dia
Pulse Width: 200 μ S

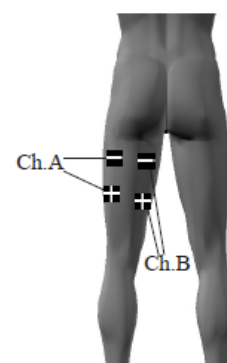
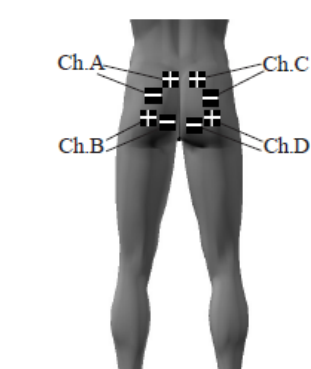
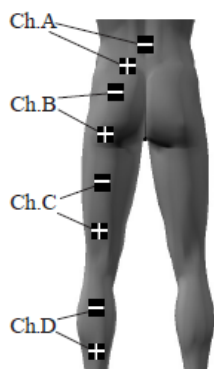


Hand regeneration

Suggested Settings

Electrode Size: 50 x 50 mm
or
30 mm dia
Pulse Width: 200 μ S

Lower Back, Legs & Feet



Back & legs

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 300 μ S

Gluteus

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 250 - 300 μ S

Outside thigh

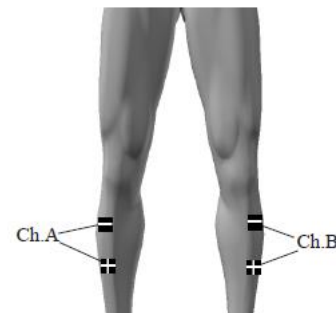
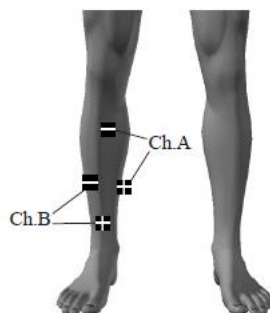
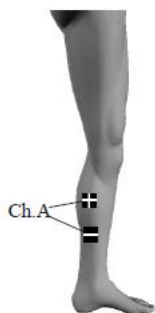
Suggested Settings

Electrode Size: 50 x 50 mm
or
50 x 100 mm
Pulse Width: 250 - 300 μ S

Femoral biceps

Suggested Settings

Electrode Size: 50 x 50 mm
or
50 x 100 mm
Pulse Width: 220 - 250 μ S



Peroneus

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 275 μ S

Knee

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S

Calves

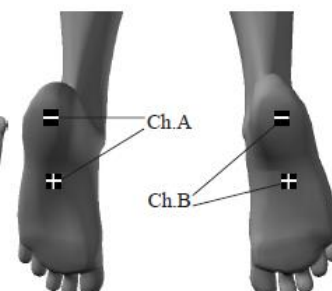
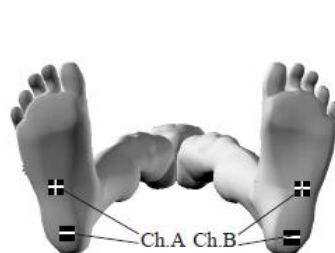
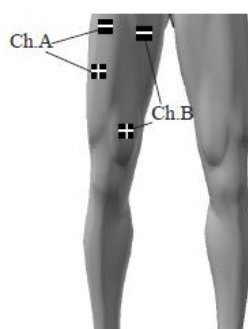
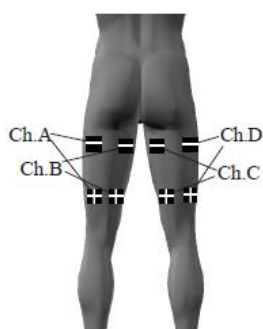
Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 275 μ S

Tibialis anterior

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 - 250 μ S



Ham strings

Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 250 - 300 μ S

Quadriceps

Suggested Settings

Electrode Size: 50 x 50 mm
or
50 x 100 mm
Pulse Width: 250 - 300 μ S

Sole of foot

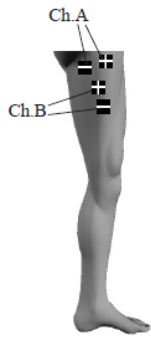
Suggested Settings

Electrode Size: 50 x 50 mm
Pulse Width: 220 μ S

Heel

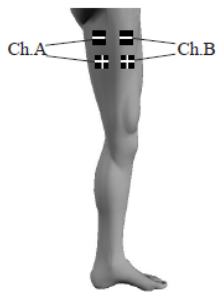
Suggested Settings

Electrode Size: 50 x 50 mm
or
30 mm dia
Pulse Width: 220 μ S



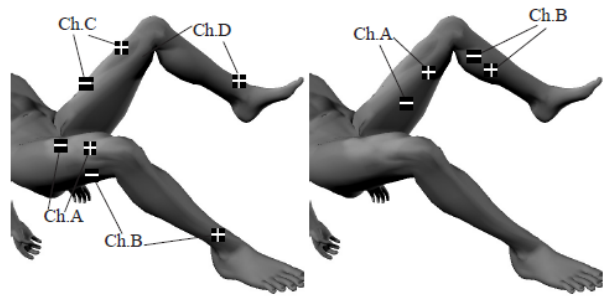
Adductors

Suggested Settings
 Electrode Size: 50 x 50 mm
 Pulse Width: 250 - 300 μ S



Inner thigh

Suggested Settings
 Electrode Size: 50 x 50 mm
 or
 50 x 100 mm
 Pulse Width: 250 - 300 μ S



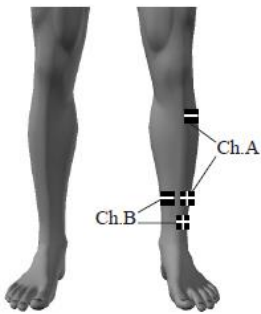
Fluid tension

Suggested Settings
 Electrode Size:
 Upper Leg 50 x 50 mm
 or
 50 x 100 mm
 Ankle 50 x 50 mm
 Pulse Width: 220 - 275 μ S

Inner knee

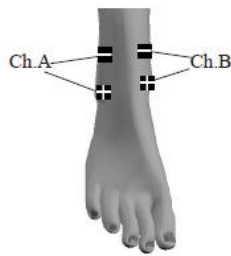
Suggested Settings
 Electrode Size: 50 x 50 mm
 Pulse Width: 250 - 300 μ S

Please Note:
 Ch.C & Ch.D positions on the left leg are identical to the Ch.A & Ch.B positions on the right leg. The electrode for Ch.D is not visible on this picture.



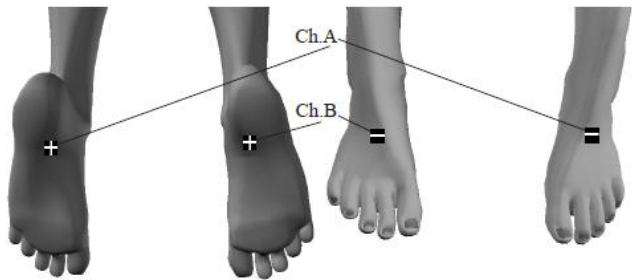
Ankle malaise

Suggested Settings
 Electrode Size: 50 x 50 mm
 Pulse Width: 220 - 250 μ S



Ankles

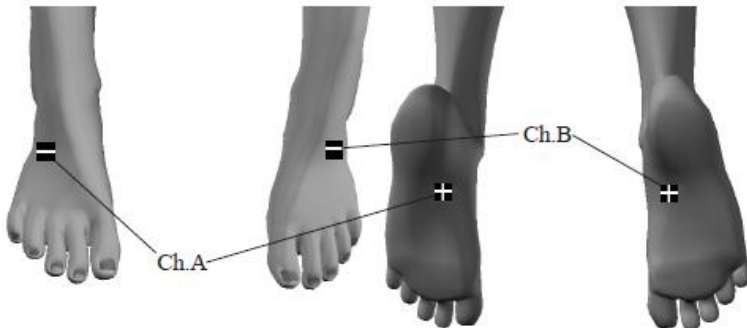
Suggested Settings
 Electrode Size: 50 x 50 mm
 Pulse Width: 220 μ S



Feet stimulation

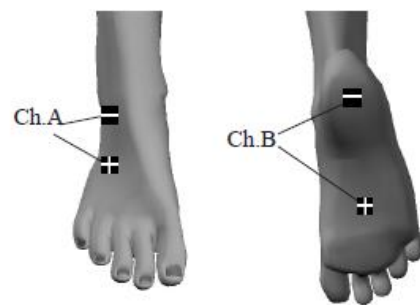
Suggested Settings
 Electrode Size: 50 x 50 mm
 Pulse Width: 220 μ S

Please note: Ch.A electrodes are placed on the left foot. Ch.B electrodes are placed on the right foot.



Feet regeneration

Suggested Settings
 Electrode Size: 50 x 50 mm
 Pulse Width: 220 μ S



Metatarsus

Suggested Settings
 Electrode Size: 50 x 50 mm
 Pulse Width: 220 - 250 μ S